



About ©Opti-Mom

Established in 2005 as a direct response to Moms needing hands on support, Opti-Mom has quickly become known as one of THE organizations to support the total health and well-being of Mothers specifically the imperative need for self-care.

We carefully construct each seminar, workshop and speaking engagement to address the individual needs of every organization. Because we are Mothers, we have first hand knowledge of the Mom topics as well as our genuine commitment to supporting Moms, Mind, Body and Spirit.

About Laurel Crossley-Byers

Laurel began her career at Brock University receiving her Degree in Child Studies. In 2006 she received her Adult Teaching Certificate from Sheridan College graduating as a Sheridan Scholar. As of 2005, Laurel has spoken to tens of thousands of people teaching her philosophy of Life Balance – through the connection to self; mind, body and spirit. Her workshops, seminars and speaking have enlightened, motivated and inspired Women to make tremendous personal and professional shifts.

Our Humble Beginnings:

For over 17 years, ©Opti-Mom Founder, Laurel Crossley-Byers, B. A. focused her ambitions on building her own training organization In 2005 Laurel shifted her focus to support Moms through her training.

We continue to build the Opti-Mom team of professional Parent Educators, Writers and Speakers ensuring that we bring Moms the “best” information to support Mom health and well-being, mind, body and spirit.

Our Mission:

To provide interactive and fun seminars, workshops and speaking engagements that support Mom health and well-being, mind, body and spirit AND allow Moms to connect and reconnect with who they are!

What We Do:

We provide fun, interactive seminars, Girls Nights Out and Conference Speaking to groups that support Moms.

Our Vision For The Future:

To expand Opti-Mom across Canada, the United States and Europe helping support Moms!

Parenting Workshops

© **"What, Mother's Have Needs??!!" – Making You Your Number One Priority**

Take care of YOU, not everyone else for a change!

© **"But It Doesn't Feel Right!" – Mom Intuition**

Learn to listen to yourself to make decisions that are right for you!

© **"Who The Heck Am I?" – Self-Identity Discovery**

Re-connect with you are – rediscover your interests, skills, talents and abilities.

© **"Who The Heck Are You?" – Reconnecting With Your Life Partner**

Forget who your spouse is? Spend time connecting and reconnecting to what brought you together.

© **"Should I Have Done That?" – Learning to Deal With Mother Guilt**

Self-imposed or real guilt – learn to differentiate between the two and stop wasting time on feeling guilty!

© **"When Did I Become a Juggler?" – Self, Life, Family, And Work Balance**

Define your Balanced Self mind, body and spirit and learn to say no!

2009 Opti-Mom Speaker's Profile:

Ontario Early Year's Centre – 25 participants

Guest Speaker – Jan – Dec 2009

- © “MamaVision 1” – Vision Boarding
- © “MamaVision 2” – Vision Boarding
- © “Mini-Me” – Positive Role Modeling For Parents
- © “Me, Me, Me, It's All About Me” – Making Mom Her # 1 Priority
- © “I'm Chairman of the Bored” – Relieving Mom Boredom
- © “Bring on the Bling” – Learning To Dazzle Yourself

Mary Kay

Guest Speaker - Feb 2009

- © “Motivation 101” – Sales Motivation

Winter ReCharge – Early Childhood Educators In Halton

Guest Speaker – Feb 2009

- ©Creating 20-20 Vision 1
- ©Creating 20-20 Vision 2

Ontario Early Years Centre – Single Parents Night Out

Guest Speaker – Feb 2009

- ©POWER Parenting

Institute of Holistic Nutrition

Motivational Speaker – Mar 2009

- “When Did I Become A Juggler” – Self, Life & Work Balance

Hamilton Chamber of Commerce

Guest Speaker – Apr 2009

- © “Effective Networking in 2009”

Weight Watchers – Kitchener-Waterloo

Guest Speaker – Apr 2009

- © “Motivate Me!”

Canadian Paraplegic Association

Guest Speaker – July 2009

- © “When Did I Become A Juggler” – Self, Life & Work Balance

Welcome Baby Event – Milton Mall

Speaker – Sept 2009

- ©When Did I Become A Juggler” – Self, Life & Work Balance
- ©What, Mom's Have Needs?? – Making Mom Her Number One Priority

Ontario Early Years Centre – Single Parents Night Out

Guest Speaker – Oct 2009

- ©Bring On The Bling – Learning to Dazzle Yourself

Ontario Early Years Centre – Single Parents Night Out

Guest Speaker – Oct 2009

- ©Bring On The Bling – Learning to Dazzle Yourself

Halton District School Board Occasional Teachers – P. A. Conference

Guest Speaker – Dec 2009

- ©When Did I Become A Juggler” – Self, Life & Work Balance